



# The Harrier

April  
2003

The newsletter of the Canterbury Harriers

## London marathon

An unexpectedly warm day made life harder for the 20 Canterbury Harriers who ran the London Marathon on April 13.

**Roy Palmer** ran a PB, came 88<sup>th</sup> and made a club record with his time of 2.35 – but said: ‘On a better day, weatherwise, I was looking to get under 2.35. You train all winter – then you get a hot summer day which felt like a summer 10k.’

Many others found the same. **Adrian Lewis** ‘thoroughly enjoyed the experience’ but said; ‘I’d have given anything for it to be overcast...I’ve still got 3.15 to break.’ Our top two ladies runners (apart from **Angela Howe** who, with **Jacob**, was running for London Heathside on the day) also found the going tough. **Sarah Maguire** found it the ‘toughest race I’ve run’ and **Carol Reid** said: ‘The crowds were brilliant. That was what really pulled me along.’

**Martin Skeet** who has run 2.54 got cramp and, having run the first half in 1.22, ‘started running backwards’. Along with the heat, the other main problem was congestion. The times below are official times but include some waiting and standing time. For instance, **Jan Skeet** ‘had to wait 10 minutes at the Cutty Sark’.

**Mandy Poulter** – who probably would have pulled out with knee trouble had she not been running for charity (VICTA) – had a good race and was ‘pleased with my time’. **Philip Craswell**, just joining the club with brother **Steve**, suffered cramp but said the race was ‘absolutely fantastic...could not have been better’. **Jon Holmans** was pleased to have completed his second London marathon at 20. **Pete Worsley**,

was running for a meningitis charity (after his baby grandson suffered from it) and had got automatic entry from a 3.10 in the Thanet marathon. **Sally Craig** ‘really enjoyed it’ and plans – like Jan – to come once a week to the Harriers. **Rob Sargeant**, running his 9<sup>th</sup> London, hopes to ‘keep ticking over through the summer’ in preparation for the next London. His plan is to keep going at least until 12-year old daughter Kirstie, an Invicta junior, joins him at 18. Apologies to anyone we have missed.

## Five run Paris

Five Harriers ran in the Paris Marathon on April 6 – in a field of 30,000 which seems to be more tailored to experienced, than fun, runners.. **Fayne Brenner** was running her first marathon, **Brian Davis** has just come back to running after injury problems and **Ed Condry** completed the course despite being in some pain in the second half. Roy Palmer is considering running Paris as an alternative to London next year. See ‘View from Paris’ - p 2. Nicolas Pirot ran the Le Touquet marathon on 13 April in his native France.

## Women’s team top

After three races, the Harriers ladies team were leading in the Kent Grand Prix. **Sarah Maguire** is 4<sup>th</sup> in the individual rankings and **Carol Reid** is 7<sup>th</sup>. The Grand Prix runs until the autumn, covering 10 Kent races in total including the Whitstable 10k on 5 May and the Thanet Marathon in September.

MARATHON RESULTS	Jacob Howe	3.33.27	Natalie Bent	4.26.45	PARIS
<b>LONDON</b>	Sarah Maguire	3.36.32	Philip Craswell est	5.06	Brian Davis 3.13.06
Roy Palmer 2.35.32	Carol Reid	3.36.41	Jan Skeet	5.13.33	Fayne Brenner 3.44.40
Martin Skeet 3.06.38	Pete Worsley	3.36.43	Jon Holmans est	5.15	Iain Smith 3.45.06
Angela Howe 3.14.13	Mandy Poulter	3.55.45	Sally Craig	5.16.45	Wendy Smith 3.53.21
Richard Steer 3.18.00	Dianne August	4.00.37	Lloyd Hicks	6.39.50	Ed Condry 4.20.59
Rob Sargeant 3.24.10	Joe Epsom	4.02.16	<b>LE TOUQUET</b>		Notes: Times taken from websites (except 2 estimates).
Adrian Lewis 3.28.30	Jenni Van Deelen	4.15.42	Nicolas Pirot	3.33.17	

FORTHCOMING RACES			
Time	Date	Race	Location
11.00	18 April (Friday)	Folkestone 10	Rotunda Amusement Park, Marine Parade
11.00	5 May (Monday)	Whitstable 10k	Waterfront Club, Whits
11.00	11 May	Ashford & District 10k	Sandyacres
7.15	13 May (Tues)	Road Relay 1	Folkestone
10.30	18 May	Sevenoaks 7	Sevenoaks RFC
2.30	24 May (Sat)	Thanet 5k	Palm Bay, Margate
7.30	27 May (Tues)	Road Relay 2	Minnis Bay, Birchington
7.30	10 June (Tues)	Road Relay 3	Victoria Park, Ashford
7.30	24 June (Tues)	Road Relay 4	Deal seafront
7.30	8 July (Tues)	Road Relay 5	Canterbury High Sch
11.00	10 August	10k	Red Lion pub, Hernhill

## View from .... Paris

'IT hasn't got the same atmosphere as London,' says **Wendy Smith** who ran Paris this year after her Marathon debut in London in 2002. 'There are fewer people watching in Paris. In London, the crowds keep you going.'

Even so, Wendy and **Fayne Brenner** (who was running her first marathon in Paris) who had trained together and ran the first 15k of the race together both found it a very stimulating experience. They stayed with their families in a hotel (£56 per room per night) nearby – and found that their 20-minute walk to the start was a far better beginning than a long train or coach ride. 'It was like a little holiday,' says Fayne who came over with partner **Simon Kendall** and baby Saffra.

The organisers of the 27<sup>th</sup> Paris marathon sent all 30,000 participants a booklet in French and English which included useful information such as recuperation. They were given wristbands based on their expected times – 3.45 – which gave splits at regular intervals in the race. Very few people were in fancy dress. 'All I saw was one clown,' says Wendy. And hardly anyone had their names written on their T-shirts. Wendy was one of the few and so was constantly being urged 'Allez Wendy'.

### Some runners carried whistles

The Arc de Triomphe marked the start and finish. The initial run down the Champ Elysees was 'awe-inspiring', according to Fayne, as the flood of runners spread out along the road. Fayne and Wendy had expected to stay together for the full 26 miles. But there was a lot of bargaining. 'It was so congested for the first 15k that we spent a lot of time jumping on and off pavements and weaving in and out of people,' says Fayne. Some runners even carried whistles so they could alert other people when they wanted to overtake. At 15k, Fayne and Wendy lost each other. 'It was a bit scary,' says Wendy.

The least pleasant parts were the underpasses they had to run through. In a verbal equivalent of a Mexican wave, many runners would shout

out 'Nous ne sommes fatigues' – and the shouts echoed so loudly that some people ran with their hands over their ears. And although the music of the bands was very welcome, some bands appeared to play somewhat sombre, funereal tunes. But there were many lovely bits – along the banks of the Seine, through the Bois de Boulogne, by the Louvre and around the Place de la Concorde.

### Bananas at the water stations

The water stations were particularly impressive – and runners could get orange quarters, bananas, lemons, raisins and energy drinks as well as water.

Wendy felt good all the way round, and knocked 15 minutes off her London time – finishing in 3.53. She was immediately surrounded by fellow runners kissing each other's cheeks, shaking hands and celebrating being under four hours. Fayne had overtaken 2000 people after the half-way mark and finished in 3.44. 'I wore the medal all the way home, and hung it on the bedpost that night.' All finishers got a bag with a rather nice medal (more attractive than London), a t-shirt, sponge and shower gel. The Parisiens all seemed quite excited about the race – as Wendy found when a waiter in the restaurant they went to pretended to mop her brow. 'They were quite proud that we had come to run in their race,' says Wendy.

Paris seems to be very well-organised in general. Simon found it very useful that Orange text-messaged him with Fayne's actual splits as she ran so he could work out when she was due to arrive at particular points.

And there is less pressure on the sponsorship side. If Wendy had run in London, she would have needed to raise £2,000 for her charity, Get Kids Going (which provides sporting equipment for disabled children). In Paris she had to raise £300 (although she actually raised about £800). The lower sponsorship level 'does help', she says, in taking some of the pressure off.

### Where next?

Now that they have run Paris, Fayne and Wendy would like to look farther afield. 'I would love to run New York,' says Wendy. But Venice is another strong contender in the frame.

## View from an all-rounder

Eighteen months ago **Sarah Maguire** was doing no running at all. But she has now just run her first marathon, getting a time of 3.32 (officially 3.36).

Sarah used to specialise in the 3,000 metres - but gave up running when she started a family. Now that her son Sean is seven and daughter Kirsty is four, Sarah is back on track.

When she and sister **Emma Wilson** (who also has two children) joined the Harriers in late summer last year, she was very keen to try out all sorts of different events. She found cross-country particularly appealing (and came fifth in the Kent Fitness League 2002/03 season): 'I thoroughly enjoyed the cross-country races. You're not governed by time always. There are other factors such as the terrain.' She is more of a natural than a scientific runner - and tends to run how she feels, rather than being guided by her watch. On the Oxleas Woods cross-country, for instance, 'I made a conscious decision to start slower than usual - and it really worked. I had a really good run and overtook a lot of people.'

### Races within the race

Since starting marathon training, she has stuck very closely to **Gerry's** training schedule - but did not find it as hard as she expected. She focused on the 'races within the race' - events such as the Thanet Duathlon, the Dover Half and Thanet 20. 'Marathon training doesn't seem like such a big slog because these are all achievements in themselves.'

'The hardest part has been fitting all the training in,' she says. 'I seem to spend a lot of time staring at the programme and rearranging it.' Emma has many times collected Sarah's children from school while Sarah fits in a long run. 'Emma has helped me a lot.' Although it has been a bit of a struggle to balance her work

and family commitments with marathon training, there has also been an unexpected motivating factor there. 'I can't say that I'll go for a run tomorrow instead. I've either got to do the run as planned or not at all.' This has meant she has been out in all weathers. She remembers an 18-mile run when there was torrential rain and strong wind for the second half. She wasn't wearing any gloves and had to ask Emma to undo her shoes when she got home.

### The toughest bit

The most challenging event on the way to the Marathon was probably the Thanet Duathlon. 'It was the race I was the most stressed about and the one I woke up in the night about. But it helps strengthen your legs and helps your running.' She was the third woman back.

Now that the marathon is over, she is very much looking forward to several other events. 'I want to have a go at those relays. And I want to do another 10k. I haven't done one since September. And I definitely want to do the cross-countries again.' Oh yes, and then she would like to do some track training - possibly even for another 3,000 metres. She is thinking of switching Thursdays for Wednesday nights.

'It makes such a big difference being with the Harriers,' she says, talking of the range of events she has competed in and the advice and encouragement she has received from other runners. She and **Carol Reid** have talked a lot about marathon training, for instance. 'Talking to Carol has been really helpful. For instance, when I was tapering down on the marathon training, I was doing less but my muscles and legs were feeling worse. When I told her that she said that it does regularly happen that way. And hearing that was very helpful.'

Explaining her experience of running is not that easy for Sarah. Like most of the Harriers, she does it mainly because she simply likes it. 'After you have been out running a while you get the feelgood factor - and you know that you will feel good after.' It is as straightforward as that.

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## What they say about....physiotherapy

Lisa O'Flynn, a chartered physiotherapist with a special interest in sports injuries, talks to The Harrier.

Do you get a pain in or around your knee about 20 minutes after you start running? If so, you are exhibiting classic symptoms of long distance runners.

While sprinters are particularly prone to muscle tears 'because of the explosive side of the sport', distance runners are more vulnerable to 'ilio-tibial band syndrome' (ITBS), says Lisa who sees a steady flow of runners at her clinic at the Christchurch College Gym in St George's Place.

The ITB is a 'fibrous sheath with a small muscle on top' which runs along the outside of the thigh. 'Problems in the foot, knee, hip and back can all lead to the ITB becoming tight,' says Lisa. The tightness of the ITB will often manifest itself in the knee. Women are particularly prone to ITB problems caused by the knock-on effects of weak gluts on posture and muscle balance. Left unchecked a tight ITB can lead to the sort of problems you really want to avoid: 'The uneven weight distribution in the knee can create knee problems in the long run and can provoke early arthritis there.'

But there is plenty of good news too. When you work out the fundamental cause of the problem (let's say weak gluts), you can strengthen that part of

the body (by exercises which might take you 10 minutes three times a week). Once your gluts are strengthened (in a few days or a couple of weeks), the ITB should stop having to overcompensate and the knee stress should go away. In some instances, such treatment will not work - and, for instance, a runner may be advised to use insoles. Lisa O'Flynn sees clients between 5 and 7 pm on Tuesday and Thursday evenings at St George's Place. As well as advising on particular problems, she can provide an hour-long 'MOT' for £50. Telephone 01227 457272.

**Recommendation:** Joe Epsom recommends sports massage therapist Judy Kneale at St Stephens (01227 700867).

## **Olympic gold medallist for Whitstable 10k**

Don Thompson, Great Britain's sole gold medallist in athletics in 1960, is to run the Whitstable 10k.

When he won the 50k walk in Rome in 1960, he received a hero's welcome on his return to London. He set an Olympic record of 4.25.30, 17 seconds ahead of the next competitor. It was a dramatic result, following on from the 1956 Melbourne Olympics where he had collapsed 5000 metres from the end and in 5<sup>th</sup> place because of the heat. But he then decided to train with the Italian temperatures in mind – even doing a lot of training in his bathroom which he heated up to sauna levels.

Running was not a major interest of his then – and even when he retired from walking and took up running in 1967, 10ks seemed too short for this endurance specialist who has completed several 100-mile events. The 70-year old, now living in Hythe, told The Harrier: 'I used to say that a 10k wasn't worth taking the track suit off for – but I'm changing my mind about that.'

The Whitstable 10k will be his 37<sup>th</sup> 10k since 1967. But his record shows that the longer distances attracted him most. He has done 151 marathons (including London this month), 144 half marathons and over 100 10 mile races. He has fortunately been very free of injuries.

Despite the fact that he has done a sub 3 hour marathon, he feels more naturally a walker. 'Running is harder,' he says. 'I used to think that when I was running I was flowing along, looking like Paula Radcliffe and looking really stylish. But people would say: "You can tell from your style that you are a walker." That was even if I was running at 10 miles an hour.'

He will be wearing the special number 600 in the Whitstable 10k.

## **Track training**

The 7pm Wednesday track training sessions need to attract more participants if we are to continue them. We have typically been getting a handful of people turning up but really need to get to ten or so to make it worthwhile. Decisions will be made in the next few weeks.

## **Roy runs for Kent**

**Roy Palmer** ran in a three-man team for Kent at the Wilmslow Half Marathon in March, making a new PB of 1.12.06. He has been training on Tuesday nights with Mike Coleman (Kent team-mate and winner of the Canterbury 10), under the guidance of coach Jim McNeil at Dover. He was 51<sup>st</sup> in the Wilmslow field of 3,023 – although Kent did not get placed as Mike had to pull out.

## **First pub run – 9 May**

Meet at 7pm at the White Horse, Chilham on Friday, 9 May for the first Friday night pub run of the summer. Meet at 7pm at the Yew Tree, Sturry on Friday, 23 May for the second pub run. We hope to continue holding them at fortnightly intervals for the summer. If you have a suggestion of a pub and a route, the committee would be very pleased to hear about it.

## **Whitstable – pre-run**

Please come along if you can at 9.30am on Sunday, 27 April (to the Waterfront Club, Whitstable) to run the course and distribute leaflets to the 500 houses on the route.

On the day, Monday, 5 May, we need up to 28 marshalls. Please tell **John Hartley** if you can make it.

## **London-Brighton bike race**

If you want to take part in a Harriers group doing the race on Sunday, 15 June contact **John Hartley**.

## **Sweat Shop discounts**

Sweat Shop, Maidstone is insisting that people show

one of their cards as well as a Harriers card to get a discount (5% on credit cards, 10% on other payment forms). **Roy Gooderson** has ordered 110 for us which will be coming through soon.

## **Relays**

Lots of relays coming up. Friendly inter-club Tuesday night races are listed in 'Forthcoming races' on page 2. Anyone who wants to run should be able to. Meet 6.15/6.30 in KSRC car park to arrange lifts and teams.

Hythe 'round the houses', 4 x 800m and 6k individual race, takes place on Sunday, 4 May. Contact **Steve Clark** asap (01227 711272) if you want to take part.

Contact Steve if you want to join in the Saxon Shore relay on 14 June – involving teams of 4, a car, a mascot, 2-mile legs, total distance of 46 miles and evening buffet in Whitstable rugby club. **Joe Hicks** who has participated before says it is a 'great day' – but then Joe does enjoy events such as the Beachy Head marathon.

And contact Steve asap about the North Downs Way relay on 21 June. We need 16 runners including two ladies.

## **Canterbury Harriers Committee**

**John Hartley** Chair

**Gerry Reilly** Head coach

**Carol Reid** Treasurer

**Stephanie Lam** Secretary

**Roy Gooderson** Admin Officer

Runners Representatives:

**Fayne Brenner**

**Steve Clark**

**Joe Hicks**

**Simon Kendall**

**Sue Reilly**

**Alastair Telford**